

COLLEGE — ICE HOCKEY

COLORADO COLLEGE

LOGAN WILL

Forward

Senior

Logan is a phenomenal person to coach. He possesses an intense work ethic with the commitment to improving his game every day. His "lead by example" style as our captain has proven to be extremely successful, bringing others along when needed. I feel very fortunate to have coached him these past few years and wish him the best in the future. ~Cam Davidson

ENDICOTT COLLEGE

JACK SMILEY

Forward

Senior

Jack Smiley's impact transcends the borders of Endicott, resonating across communities and inspiring countless individuals worldwide. Jack's remarkable talents shone brightly from the start. However, when adversity struck in the form of a stroke and an unwelcomed diagnosis, Jack refused to surrender. Through sheer determination and unwavering resilience, Jack has defied the odds, reclaiming his place in the skating rink and the weight room. His extraordinary comeback not only astounds with its physical prowess but also uplifts spirits and ignites hope in those who witness his journey. Jack Smiley's story is more than a testament to personal triumph; it's a beacon of light for anyone facing their own challenges. His resilience, courage, and unyielding spirit serve as a reminder that with perseverance, anything is possible. ~John Dustin

HOBART COLLEGE

JARED PATTERSON

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Senior

Jared is the epitome of elite character both on the ice and in the weight room. An Assistant Captain for the Hobart National Championship Hockey Team in 22-23, Jared's

output never drops off. Boasting a back squat over 300 lbs and a bench flirting around that same number, it is his consistent technical approach to mastering challenging compound movements such as the power clean with ease that always impresses. He is the culture keeper, the hardest consistent worker and is someone who makes everyone around him better every day. Without a doubt in my mind an All American as a human being and as student athlete. ~Chris Gray

NORWICH UNIVERSITY

LEOCADIA CLARK

Goalie

Senior

Leo does not only shine during competitions but also serves as a pillar of inspiration during practice sessions where her hard-working nature and leadership qualities come to the fore front. Her persistent dedication and focus have fostered a positive and competitive environment that raises the performance bar for the entire team. ~Scott Caulfield

NORWICH UNIVERSITY

PATRICK O'NEAL

Forward

Senior

It is with great pleasure and confidence that I write to recommend our Pat O'Neal for the NSCA All American award. Over the course of 85 games, he consistently demonstrated not only exceptional skill but also an undeniable passion for excellence. With a remarkable tally of 14 goals and 25 assists, his contributions on the field have been invaluable to our team's success. Beyond their impressive statistics, his personal qualities genuinely set them apart. His unyielding commitment, tireless work ethic, and self-discipline exemplify what a standout athlete should be. He has displayed a singular determination to better himself and his teammates daily, pushing the boundaries of their abilities and setting a benchmark for sportsmanship. ~Scott Caulfield

COLLEGE — ICE HOCKEY

ROCHESTER INSTITUTE OF TECHNOLOGY

KARLY KOLSSAK

Sophomore

Karly's impact on the strength of the female athletes is truly remarkable. Her natural ability in the weight room, as evidenced by her record 170# Hang Clean and 165# Bench Press, sets a high standard for her peers to aspire to. Beyond her impressive physical achievements, Karly's infectious energy and [positive attitude create a welcoming and supportive atmosphere in the weight room. Karly's leadership through her performance and attitude not only raises the bar for strength among female athletes but also contributes to a culture of positivity and growth within the team. ~Ryan Kelly

ST. LAWRENCE UNIVERSITY

NICHOLAS TRELA

Forward

Senior

Nicholas Trela approaches every weight room training session with energy and intensity. He always comes in early without ever being told to work on his mobility or stretching. He comes into each session with the intent to always bring the best "attitude and effort," one of his favorite sayings regarding, the things than he can control. Nick is always in a great mood, full of smiles and someone that the team can look to for a boost of energy throughout the demand of any training sessions. No matter what the challenge is for the day, he's undoubtedly going to face it head on and get the team focused and engaged to do the same. He's truly a student-athlete that others feed off of. Along with his radiant personality, his strength to weight ratio is very impressive and continues to push himself in the weight room. ~Jared Hatz

THE UNITED STATES AIR FORCE ACADEMY

LUKE ROWE

Defense

Senior

I am honored to nominate Falcons hockey captain Luke Rowe, who is a senior defenseman at the United States Air Force Academy. Luke's on ice accomplishments include ranking seventh in the nation in points by a defenseman, candidate for the Hobey Baker memorial award, first three-year captain in school history, and competing in the New Jersey Devils development camp. Within the Falcons, Rowe was awarded the team's Vic Heyliger award for his dedication, character, and leadership two seasons in a row, the team's defensive player of the year two years straight and earned the Larry Cronk award his sophomore season for inspirational play. His hockey in conference awards include six times AHA player of the week, two times AHA player of the month, two times AHA all-academic team and earned second team all AHA honors as a junior. Off the ice, Luke was named to squadron commander for cadet squadron 12 during the Spring semester of 2024, awarded the captain of captain's award which spans across all sports at USAFA and has helped to develop a USAFA hockey culture of character, leadership, and excellence.

~William Quillman

TRINITY COLLEGE

HANNAH LECLAIR

Goalie

Senior

From day 1 to today, no one was more dedicated in her class. ~Bill DeLongis

COLLEGE — ICE HOCKEY

UMASS AMHERST SAMULI NIINISAARI

Defenseman Senior

Samuli is the type of athlete we all dream of having. He is the most dedicated collegiate athlete I have ever been around. Sami is the ultimate leader, not only does he consistently do the right thing, but he also brings others along with him. He is not shy about holding anyone accountable, including his coaches, as long it is for the betterment of the team. In November, Sami suffered a major knee injury knocking him out of the lineup for significant time. At that point in time, he was in the top defensive pairing on the hockey team. Losing him from the line-up was a big blow. From the day following his injury, Sami was in the training room, and the weight room constantly finding that 1 next thing that he could do to help get him back out on the ice. He embraced everything we gave him and kept asking for more. I have never seen someone embrace conditioning sessions on an Assault Bike the way he did, not because he enjoyed it (he definitely did not), but because he knew that it would help him to be prepared when he was cleared to get back out on the ice with his teammates. Samuli returned to the ice in January stronger and more powerful than ever. His impact on the lineup was immediately felt, and his fitness level was so high that he was able to jump right back into his number 2 defenseman role (nearly 30 minutes of play per night). His pursuit of greatness did not stop with his return to the lineup. He is consistently one of the last players out of the gym at the end of the day, cooling down after practice, and utilizing every piece of information that I or our training staff can give him. He is the embodiment of the UMass hockey team's "Fast Hard Prepared" identity. Since I arrived on campus in September, and even with his injury, he has added 3 inches to his vertical jump and improved his on-ice sprint by 5% - no small feat in just 5 months. ~Mike Vaughan

UNIVERSITY OF CONNECTICUT RILEY GRIMLEY

Forward Junior

Riley epitomizes this award in all facets. She is consistent in her efforts and her unrelenting work ethic and positive attitude has allowed her to significantly improve her performance measures each year. She welcomes new challenges and elevates her teammates along the way. As a freshman, Riley was ranked 13th overall in our team performance metrics. Over the last two years, she has pushed herself each day to improve her overall ranking to 2nd overall. Riley is a great example of tenacity and leading by example. Her approach to training is infectious as she makes her teammates more accountable and helps push our team standards to new levels every day. ~Joel DeMarco

UNIVERSITY OF PROVIDENCE ADAM HUSLI

Freshman

A leader on and off the ice. His work ethic, dedication, and drive to be better and help his team be better is very admirable. He puts in great effort into the weight room, and it transfer to his game on the ice. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE AMELIE ST - AMANT

Defense Junior

2nd year receiving this award. Strongest women's hockey player. Projected 1 rm s Bench 165, Squat 250 and Clean 165. Has done additional work in pre season to improve speed and change of direction. ~James Giroux

COLLEGE — ICE HOCKEY

UNIVERSITY OF SOUTHERN MAINE

JAKUB SURAN

Forward

Sophomore

Hard working athlete dedicated to improving all aspects of strength & conditioning. Improved acceleration and speed over summer. Has benched 240 and cleaned 235. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

MARCUS TORGNER

Forward

Freshman

Strongest hockey player ever here @ the University. Has bests of 325 bench, 445 squat, 315 clean and 53' over Med ball throw. ~James Giroux

UNIVERSITY OF WISCONSIN MADISON

BRITTA CURL

Forward

Senior

Britta Curl is the epitome of the best qualities an athlete can possess. Her worth ethic, leadership, attention to detail and overall attitude are unparalleled which as a result has made her the best athlete I've ever had the honor of working with. In the last three years, she has held herself to an incredibly high standard when it comes to the weight room and the preparation for the season and in doing so, she has done an incredible job leading and educating the younger classes on how to train to be a high level hockey player. She has help set the Wisconsin Women's Hockey program up for continued success in the weight room due to her excellent leadership and hard work over the course of her career here at the University of Wisconsin and there is no person more deserving of the status of NSCA All American. ~Paul Valukas